

SERMON NOTES

Decoding AI - Self-Critical Thoughts & Negative Self-Talk

Associate Pastor Sheri Schaefer - March 10, 202

Meditation Verse

Casting down imaginations and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ..

2 Corinthians 10:5 (KJV)

The question: **How do critical thoughts and negative self-talk get established in our minds?**

- Negative words spoken over us that we have believed.
 - Dramatic or traumatic events in our lives.
 - Comparing ourselves to others.

Our thoughts are like a navigation system.
Where are they taking us?

Types of Self-Critical & Negative Thoughts

- Personalizing
- Catastrophizing
 - Assuming
 - Magnifying
 - Polarizing

The solution: **Answer it with The Word of God.**

Not good enough ... Why try... I cant do this... I'm inadequate...

ANSWER IT! *Phil 4:13, Matt 19:26*

The past stirs up hurtful emotions and judgments...

ANSWER IT! *1 Cor5:17, Phil 4:6,8*

LIFE GROUPS

Scan QR code for info and to sign up for a Life Group here at Church Alive!

Comparing self to others...

ANSWER IT! *2 Corinthians 10:12, Psalms 139*

God doesn't care about me or love me...

ANSWER IT! *Romans 5:8, John 15:13*

ANNOUNCEMENTS

FAMILY LUNCH

Sunday, March 10

After service, join us for fellowship and details on upcoming events.



LIFE TEAM OUTREACH

Saturday, March 16 @ 10am

Mariposa Park in Taylor Ranch

RESURRECTION SUNDAY

March 31

Invite someone to join you as we celebrate our Risen Savior.



Join us next week as we continue our series "Decoding AI".